

Missouri WIC Cov Khoom Noj Tshiab Pub Yuav

Txiv Hmab Txiv Ntoo Rau Me Nyuam Mos Liab (cov hwj 4 ooj xwb)

Beech-Nut, Gerber, HyVee, Nature's Goodness

Xaiv tau los ntawm tsib hom: txiv ev paum zom, ib hom txiv zoo li txiv duaj, txiv tsawb, txiv duaj thiab txiv pears



Zaub Rau Me Nyuam Mos Liab (cov hwj 4 ooj xwb)

Beech-Nut, Gerber, HyVee, Nature's Goodness

Xaiv tau los ntawm tsib hom: txiv lauj pwm, taum ntsuab ntev, taum mog, taub xwb kuab thiab qos yaj ywm qab zib



Cov Nqaij Rau Me Nyuam Mos Liab (cov hwj 2.5 ooj xwb)

Beech-Nut, Gerber, Nature's Goodness

Xaiv tau los ntawm rau hom xwb: nqaij nyuj, nqaij qaib, nqaij ncej qab (ham), nqaij yaj, nqaij qaib cov txwv (turkey) thiab nqaij me nyuam nyuj



Taum Ntim Hauv Kaus Poom (Taum/Taum Mog)

Bush's Best hom xwb (16 ooj)

Taum zoo li lub raum, taum garbanzo, taum pinto thiab taum liab



Cov Nplem Whole Wheat/ Whole Grain (ib thooj uas yog 16 ooj)

Healthy Life - 100% Cov Nplem Whole Wheat Whole Grain

Bunny - 100% Cov Nplem Whole Wheat

Best Choice - Cov Nplem Whole Wheat

Wonder - Cov Nplem Whole Wheat



Whole Wheat/Whole Grain thiab Tortillas Pob Kws (16 ooj)

HyVee - Whole Wheat Tortillas

Best Choice - 100% Whole Wheat Tortillas, Tortillas Pob Kws

Chi Chi's - Whole Wheat Tortillas - fajita hom



Mov Txho Liab Tseb (Brown Rice)

Cov txhuv tsis rau tshuaj

cov hnab 16 thiab 32 ooj xwb

Lub khw hom xwb



Taum fwv (muab rau yog hais tias muaj raws li qhov tsim nyog)

Mori-Nu Hom - Silken Tofu Soft (12 ooj), Firm (12.3 ooj), Extra Firm (12.3 ooj), Lite Firm (12.3 ooj) thiab Organic Silken Tofu Firm (12.3 ooj)

Azumaya Hom Firm Tofu (14 ooj)

NaSoya Hom - Firm Tofu-Organic (14 ooj) thiab Silken Tofu-Organic 16 ooj

Kaus Poom Ntses

Ntses pas thus tsis tshua muaj roj, ntim hauv dej (5 thiab 6 ooj)

Ntses salmon liab tseb (5, 6 thiab 7.5 ooj)

Ntses kos poom (sardines) (3.75 ooj xwb)

Tsuas yog rau cov poj niam uas tau Pob Khoom Noj VII xwb



Txiv Hmab Txiv Ntoo thiab Zaub Khov Dej Txiv Hmab Txiv Ntoo thiab Zaub Tshiab

Txhua hom, Loj npaum cas los tau

Tsuas siv tau cov tshev yuav txiv hmab txiv ntoo thiab zaub los yuav xwb



Missouri
WIC

Hmong (09-09)

IB TUG TSWV HAUJ LWM MUAJ VAJ HUAM SIB LUAB/KEV SAIB

TAUS LWM HAIV NEEG (AFFIRMATIVE ACTION)

Cov kev pab yog muab raws kev tsis xaij cais tshwj leej twg li.

